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How to fix the Junos

PAGE 12

'OFFENSIVE' OR NATURAL?

Tara Léger holds her eight-month-old daughter, Zoe, on Tuesday afternoon. The 31-year-old mother of two said she was humiliated Monday when an employee at Portage Place Shopping Centre told her to stop breastfeeding in public. Story, page 4. SHANE GIBSON/METRO

Businesses lament land buyout plan

Investment. Despite objections, city given go-ahead to continue the expropriation process in Polo Park

BERNICE PONTANILLA
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A bid by business owners in the Polo Park area for a better deal from the municipal government for the expropriation of parts of their properties fell on deaf ears Tuesday.

Members of the property and development committee gave their full support to City of Winnipeg staff to continue the expropriation process in the courts, despite pleas from lawyers and Dan Iwanchuk, who owns Canada Auto at St. Matthews Avenue and Route 90.

Iwanchuk said the city's plans would see him lose seven of his 16 parking spots, rendering his 25-year business at that location no longer viable.

"How can you run a business with nine parking stalls?" Iwanchuk asked, adding that an inquiry report suggested the city buy up all of his land.

"It's kind of heart-wrenching in a way because we don't know what we're doing."

Lawyer Mark Newman, who represents another owner with two businesses in this area, said he's also displeased city officials are ignoring an inquiry report that sided with the owners.

Both Iwanchuk and Newman believe it was the soon-to-be-vacant Target store constructions, which led to the city's decision to reconfigure the St. Matthews widening and extension, that's now causing all sorts of headaches.

However, committee chairman Coun. John Orlikow said property and development staff believe it isn't necessary for the city to buy out those owners.

"If you saw the map, we're looking at a little sliver of two properties, the ones represented today," said Orlikow after the meeting.

"They want the full property taken. That is definitely not in the best interest for the city, to take over property that we don't need."

As for the Target connection, Orlikow said "generally the plan is the same" from what the city had before and after the Target deal.

"Just because we have a plan 10 years ago, it may be amended by the time it actually gets there."

Quoted

"They want the full property taken. That is definitely not in the best interest for the city, to take over property that we don't need."

Property and development committee chair Coun. John Orlikow

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Premier Greg Selinger celebrates his win at the NDP leadership convention on Sunday. Selinger is staying noncommittal on the future of the rebels who resigned from cabinet. JOHN WOODS/THE CANADIAN PRESS

Selinger not quick to forgive party rebels

Politics. Peace committee not yet established; critics' future still up in the air

Premier Greg Selinger showed no signs Tuesday of extending an olive branch to NDP rebels who came within 33 votes of toppling him at a party convention Sunday.

Selinger parted ways with three staff members who had worked on the leadership campaign of his main opponent, Theresa Oswald. He had yet to reach out and speak directly with Oswald or Steve Ashton, who finished third in the leadership race.

Selinger also said a caucus committee announced four months ago to find a way to reunite the divided caucus had yet to be established. He would not even guarantee that Oswald and other internal critics would regain full caucus privileges.

"I think that would be desirable and I'm hoping everybody can get a comfort level with doing that, but I think we have some discussions to do and some healing to do before we can arrive at that point," Selinger said in an interview.

Quoted

"Nothing's off the table; all options are open."

Premier Greg Selinger, on the future of the party members who resigned from cabinet

For the immediate future, Oswald and six other caucus members who challenged Selinger remain on the outs. They were given limited privileges in November but are unable to attend caucus meetings or have any input on decisions.

Selinger was noncommittal on the future of the rebels who resigned from cabinet.

"Nothing's off the table, all options are open, and these are discussions we need to have among each other and develop a comfort level with that. But we currently have a functioning cabinet; we've got some new people in there ... We've got lots of work we have to do, but there are always opportunities in the future, and there should be."

In the immediate future, Selinger plans to get the caucus reunification committee up and running. He also has to deliver a spring budget. No date has been set yet.

THE CANADIAN PRESS

Personnel

Oswald staff out the door

On Monday, Greg Selinger and three political staff members parted ways, according to two government sources who spoke on condition of anonymity.

The three staff members had all worked for Theresa Oswald's campaign. Selinger promised last December that staff members were free to support other candidates without fear of retribution. Selinger would not say Tuesday whether they were fired or left voluntarily. He said personnel changes are normal after a leadership vote.

"People have civil rights, but we also have an organization to run and everybody wants to find the best way to do that," he said.

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Tree-top project secures bit of cash, spot in 2016 budget

Tache Promenade.
Skyline lookout plan for St. Boniface pulls funds from multiple sources

BERNICE PONTANILLA
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A $4.4-million project planned for a St. Boniface riverbank — providing a tree-top view of the downtown Winnipeg skyline — got a significant boost on Tuesday.

The property and development committee voted Tuesday to send the Tache Promenade project to the 2016 capital budget process.

Ward Coun. Matt Allard told members of the committee that the promenade is a "legacy project" for the city and would become the No. 1 spot for postcard-like pictures and smartphone selfies.

"This is a tremendous opportunity, and frankly I was disappointed to see it not included in the 2015 capital budget," Allard said, adding that a $1-million donation from the Winnipeg Foundation is "on the line."

In addition, the City of Winnipeg has committed $700,000.

Allard proposed that the funds from the sale of a nearby property at 825 Tache Ave., which according to a city report is $2.02 million, go toward the Promenade project.

Committee members were divided on this request. Coun. Russ Wyatt agreed with Allard, but Coun. Jenny Gerbasi opposed it due to her belief that it would result in bad policy.

Wyatt proposed a compromise solution whereby 25 per cent of the net proceeds would go to the project.

Allard told the committee that his next step is securing a meeting with the "MLA for St. Boniface," Premier Greg Selinger, to ask about the possibility of provincial funding.

Quoted

"This is a tremendous opportunity."
Ward Coun. Matt Allard

Coun. Matt Allard said the Tache Promenade planned for St. Boniface would be a "legacy project" for Winnipeg. CONTRIBUTED

Border services

Suspected cocaine pulled from cabin of plane at airport

The Canadian Border Services Agency says they have seized almost a kilo of what they believe to be cocaine from a plane at Winnipeg James Armstrong Richardson International Airport.

The drugs were found on March 2 in two cylinder-shaped bricks hidden in the aircraft cabin, they said.

The drugs were turned over to the RCMP D Division.

The Canadian Border Services Agency said this was the first significant drug seizure this year at the airport. METRO

These two cylinders were seized from a plane on March 2. CONTRIBUTED

Crime

Teens arrested after victim and officer tail robbers

Police have two teens in custody after a convenience-store employee followed one of two armed thieves who'd just robbed his store in Transcona on Monday.

The 40-year-old victim and an off-duty corrections officer tailed one of two robbers after he made off with cash and smokes from a convenience store in the 600 block of Kildare Avenue E.

The pair caught up with their suspect near Wayoata Street and Ravelston Avenue E. and turned him over to attending officers.

The second suspect was arrested a short time later.

Police believe the same pair robbed a convenience store in the 500 block of London on Feb. 16.

Miles Victor Payjack, 18, and a 15-year-old male are facing charges including armed robbery using a firearm. METRO

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Breastfeeding mom shamed at mall

Portage Place.
Shopping centre apologizes, vows to update training policies

SHANE GIBSON
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Portage Place is reviewing its training procedures after a Winnipeg mom says she was humiliated by a mall employee who ordered her to stop breastfeeding in the mall Monday afternoon.

Tara Léger, 31, and her two young daughters were passing through the mall to get to her car parked in the underground when her eight-month-old, Zoe, got hungry.

Léger said she sat on a bench in a quiet hallway and started nursing Zoe when a man with a handheld radio came up and told her she needed to go to the family washroom.

"He told me that I was being offensive with what I was doing," Léger said Tuesday. "It was awful … he was calling me out, there was people waiting to get on to the elevator and they were staring at me while he was telling me that I essentially need to leave.

"I felt like I had my rights stolen from me."

When she got home Léger wrote about the experience on Facebook and the post had been shared nearly 300 times by Tuesday afternoon.

Léger also sent an email to the mall's general manager, Dave Stone, who replied apologizing on behalf of the shopping centre.

Stone told Metro going forward Léger's experience will be used in employee training.

"We fully support a woman's right to breastfeed whenever it's necessary," he said. "Now we have to try and make sure our staff are educated enough to know."

Although she'd hoped to hear an apology from the employee himself, Léger said she was glad her experience may change how the next woman nursing at the mall is treated.

Quoted

"I felt like I had my rights stolen from me."

Tara Léger, who was told by a Portage Place employee that she needed to go to the family washroom as she was nursing her baby.

Tara Léger pushes eight-month-old Zoe and three-year-old Sophie in swings Tuesday. Léger said she was humiliated by a Portage Place employee Monday who asked her to stop breastfeeding in public at the mall. SHANE GIBSON/METRO

Kids in the Hall book Winnipeg date

The Kids in the Hall are bringing their head-crushing live show to Winnipeg. All five of the original cast members — Dave Foley, Bruce McCulloch, Kevin McDonald, Mark McKinney and Scott Thompson — will play the Burton Cummings Theatre May 22. Tickets for the show go on sale Friday, through Ticketmaster, starting at $39.50. CONTRIBUTED

Shooters hopes to open golf season on Saturday

Spring really has sprung, Winnipeg! And at least one golf course hopes to be open this weekend.

Shooters Family Golf Centre said Tuesday if the weather holds, it will open on Saturday.

"We are looking for three more days in the plus temperatures and some wind to dry the grass," said Amy Cerasani, the pro shop manager, in an email to media.

"Compared to the last couple years, this early spring melt will be for sure a couple weeks ahead."

Cerasani said Shooters has already received phone calls from several anxious Winnipeg golfers.

Shooters Family Golf Centre will be open on Saturday if the weather holds steady this week. METRO FILE

Shooters is located on Main Street in north Winnipeg.

The golf course is generally one of the first to open in the spring in Winnipeg. METRO

The geese are back

In other warm-weather-related news, Fort Whyte Alive confirmed Tuesday it got photographic proof of the Canada Geese returning, adding the geese are on time — they generally return the second week of March.

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Fundraiser. Tutus do bloom at Royal Winnipeg Ballet

The Royal Winnipeg Ballet says its Tutus in Bloom donation drive has been a success.

The campaign started last year to raise $60,000 to replace the 25-year-old tutus used in RWB's classical production Swan Lake.

The ballet announced Tuesday that $61,105 was raised and the money has been used to create 28 new tutus.

Wardrobe director Alena Zharska said each tutu used by the dancers is handmade at a cost of about $2,000.

Built layer by layer, each tutu takes about 60 hours to produce and should last about 25 years.

The RWB continues to accept donations at rwb.org/donate to replace the tutus worn in other ballets. METRO/WITH FILES FROM THE CANADIAN PRESS

A tutu on display at the Centennial Concert Hall during Swan Lake in March. BERNICE PONTANILLA/METRO

Crime

Manitoban wanted in connection with death in B.C.

Police are asking for the public's help to find a man who's been identified as a person of interest in the death of a man in the Vancouver area.

The region's homicide investigation team says 44-year-old Donald Salahub escaped from a halfway house in February and is wanted on a Canada-wide warrant.

Investigators say Salahub may have been involved in the death of Michael Amy in Surrey, B.C., on Feb. 27 or he may be able to provide information about the crime.

Amy, who was from Abbotsford, was found dead in a vehicle. Police said at the time that his death was not random.

Police say Salahub, who is from Manitoba, has connections across Western Canada.

He has previously had dealings with police in B.C.'s Interior region. THE CANADIAN PRESS

From left: Chocolatier Constance Popp employees Sarah Morton, Kimberly Cook, Kim Nardella, Ray Tara and Constance Menzies show off their latest creation, a chocolate replica of Manitoba's Golden Boy. SHANE GIBSON/METRO

Golden Boy tries on a chocolatey sheen

Food. 'Iconic' Manitoba legislature statue gets recreated by chocolatiers

It took a year, but a Winnipeg chocolatier says she's managed to replicate Manitoba's Golden Boy, the statue atop the province's legislature.

Constance Menzies from Chocolatier Constance Popp has kept it a secret since she came up with the idea and pitched it to the province. It's something she's wanted to do since she started making chocolate bars featuring the Golden Boy six years ago.

"He's so iconic," she said. "We have things that are of this province, like bison, but bison roam in zoos and on reserves across the country. There are not very many things that are really signature and only within the boundaries of this province, and the Golden Boy is one of them."

She asked artist Denis Duguay to sculpt the model that would eventually become the mould.

He studied photographs and drawings and did some very precise calculations to ensure the solid-chocolate statue would stand on one foot, like the 5.25-metre-tall original.

After the chocolate is poured in the mould, it chills on ice for 20 minutes before it is brushed in gold lustre dust, an edible decorating powder.

Eventually the chocolate statues will be sold at Menzies' store and in the gift shop of the legislature, likely for somewhere between $50 and $60.

"Our going through the process of making this means people can also have a Golden Boy," said Menzies. "This is a very iconic piece of Manitoba, but it also feels good that we can all share in on it." THE CANADIAN PRESS, WITH FILES FROM SHANE GIBSON/METRO

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Politics. Tories prejudiced against Muslims: Trudeau

Justin Trudeau is accusing the Harper government of deliberately stoking fear and prejudice against Muslim Canadians — employing the same kind of rhetoric that led in the past to some of Canada's most shameful displays of racism.

The Liberal leader drew a parallel Monday between the current government's rhetoric about Muslims and other "dark episodes" in Canada's history: The internment of Ukrainian, Japanese and Italian Canadians during the two world wars, the turning away boatloads of Jewish and Punjabi refugees and the imposition of residential schools for aboriginal children.

Since two Canadian soldiers were murdered by men with radical Islamist sympathies last October, Trudeau said, the government has been blurring the line between the genuine threat terrorism posed to national security and "simple prejudice."

"I believe they have done it deliberately and I believe what they have done is deeply wrong," Trudeau said in the text of a speech delivered in Toronto to the McGill Institute for the Study of Canada.

"It is nothing less than an attempt to play on people's fears and foster prejudice, directly toward the Muslim faith. This is not the spirit of Canadian liberty, my friends." THE CANADIAN PRESS

Harper comments

Stephen Harper is doubling down on his aversion to face-covering veils worn by some Muslim women, calling them the product of a culture that is "anti-women." The prime minister also says wearing a niqab is unacceptable and contrary to Canadian values.

Civil liberties

Blaney dismisses concerns over anti-terror bill

Public Safety Minister Steven Blaney is trying to assure Canadians that proposed anti-terrorism measures won't run roughshod over civil liberties. In his testimony Tuesday at committee hearings examining the federal legislation, Blaney dismissed concerns the new provisions would allow the Canadian Security Intelligence Service to squelch or infiltrate environmental protests that fall outside the letter of the law. The measures are needed to protect the public, Blaney said. THE CANADIAN PRESS

Expense scandal

Sen. Mike Duffy's trial to focus on arcane rules

The provocative opening statements of the Crown and defence might start Sen. Mike Duffy's fraud and bribery trial off with a bang, but what follows is expected to be less dramatic. The beginning is expected to dwell on the world of Senate financial rules. The answer to what constitutes a legitimate travel or per diem claim will go the heart of the dispute over whether Duffy's expenses constituted fraud or not. Duffy faces 31 charges relating to alleged breach of trust, fraud and bribery. THE CANADIAN PRESS

Slain soldier honoured in repatriation ceremony

Trenton, Ont. Sgt. Andrew Joseph Doiron was shot and killed in what has been described as a friendly-fire incident in Iraq

Military pallbearers from the Canadian Special Operations Forces Command carry the flag-draped casket of Sgt. Andrew Joseph Doiron on Tuesday at Canadian Forces Base Trenton in Trenton, Ont. Inset: Sgt. Doiron was killed by friendly fire during operation Impact on March 6, in northern Iraq. LARS HAGBERG/THE CANADIAN PRESS; INSET: CONTRIBUTED/THE CANADIAN PRESS

Scores of Canadians peered through the fence of an air force base as the body of a Canadian soldier killed in Iraq returned home Tuesday in a once-common ceremony that has grown rare since the end of the country's mission in Afghanistan.

Many saluted in silence on a raw grey day as the casket carrying Sgt. Andrew Doiron began the journey to Toronto following a brief repatriation ceremony at Canadian Forces Base Trenton in eastern Ontario.

At the family's request, citizens who showed up to pay their respects and media were kept outside the base.

"I haven't missed a repatriation ceremony yet and I'm not about to, regardless of the circumstances," said Hunter Vickers, 19, from nearby Belleville.

Vickers said it was important for the families to see "random citizens" show up as a show of support and appreciation for the hard work and sacrifice of the slain soldiers.

Among dignitaries on the tarmac were Gov. Gen. David Johnston and Defence Minister Jason Kenney.

Outside the fence, a "Support our Troops" flag fluttered in the breeze as people watched quietly.

After the ceremony, the motorcade carrying Doiron's casket headed west to Toronto for an autopsy along a stretch of highway dubbed "Highway of Heroes" that frequently saw such motorcades during Canada's combat in Afghanistan.

Only the body of Cpl. Nathan Cirillo — gunned down as he stood ceremonial guard in Ottawa in October — has travelled the route since the mission's end in 2011.

People began lining the route hours in advance, with some setting up Canadian flags on highway overpasses.

Others injured

Three other Canadians were wounded in the firefight.

- One was evacuated to Germany while the other two were still in the Iraqi city of Irbil for treatment of more minor injuries.

Doiron, 31, described as an enthusiastic and patriotic soldier, was shot and killed in what has been described as a friendly-fire incident in the darkness of night as his special forces unit was returning to an observation post in Iraq.

Officials with the Kurdish peshmerga said their forces opened fire on the unsuspecting Canadians after they showed up at the front line unannounced — a claim denied by Canadian officials.

The Canadian soldiers are part of a 69-strong contingent helping advise and train forces fighting against the Islamic State of Iraq and the Levant (ISIL). THE CANADIAN PRESS

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Myanmar

Police arrest 127 at protest of education law

Hundreds of riot police charged at students protesting Myanmar's new education law on Tuesday, pummelling them with batons and then dragging them into trucks, bringing a quick, harsh end to a week-long standoff. Authorities said more than 120 people were arrested.

In recent days the government has crushed several protests in and around Yangon, usually by dragging protesters into trucks. THE ASSOCIATED PRESS

'India's Daughter'

Documentary makes U.S. debut

A rape documentary banned from airing in India received its U.S. premiere at a star-studded event on Monday that included actresses Meryl Streep and Freida Pinto. THE ASSOCIATED PRESS

French athletes die in chopper crash while filming reality show

Argentina. Sailing champion Florence Archaud, Olympians Camille Muffat and Alexis Vastine had been filming a reality TV show

From left: Sailing champion Florence Arthaud, French Olympic gold medal swimmer Camille Muffat and Olympic boxer Alexis Vastine. Two helicopters carrying the French sports stars who were filming a popular European reality show crashed in a remote part of Argentina, killing 10 people, including Muffat, Vastine and Arthaud.
MICHEL LIPCHITZ, MICHAEL SOHN AND PATRICK SEMANSKY/THE ASSOCIATED PRESS

Much of France was in mourning and looking for answers on Tuesday following the crash of two helicopters in a remote part of Argentina that killed 10 people, three of them French sports stars taking part in a glitzy new reality TV show.

Olympic champion swimmer Camille Muffat, Olympic boxer and bronze-medallist Alexis Vastine, and pioneering sailor Florence Arthaud died in Monday's crash. They had been among the contestants in the reality TV show Dropped.

The helicopters collided in the air near Villa Castelli, about 1,170 kilometres northwest of Buenos Aires, La Rioja regional Secretary of Security Cesar Angulo told TN television. All 10 people on board — eight French nationals and two Argentine pilots — were killed.

Photographs and mobile-phone footage showed the burning wreckage of the helicopters in dry scrubland of a sparsely populated area along the Andes mountain range that separates Argentina and Chile.

French Prime Minister Manuel Valls said France's foreign ministry is in contact with authorities in Argentina to determine what caused the crash. President Francois Hollande expressed the "immense sadness" about those who died.

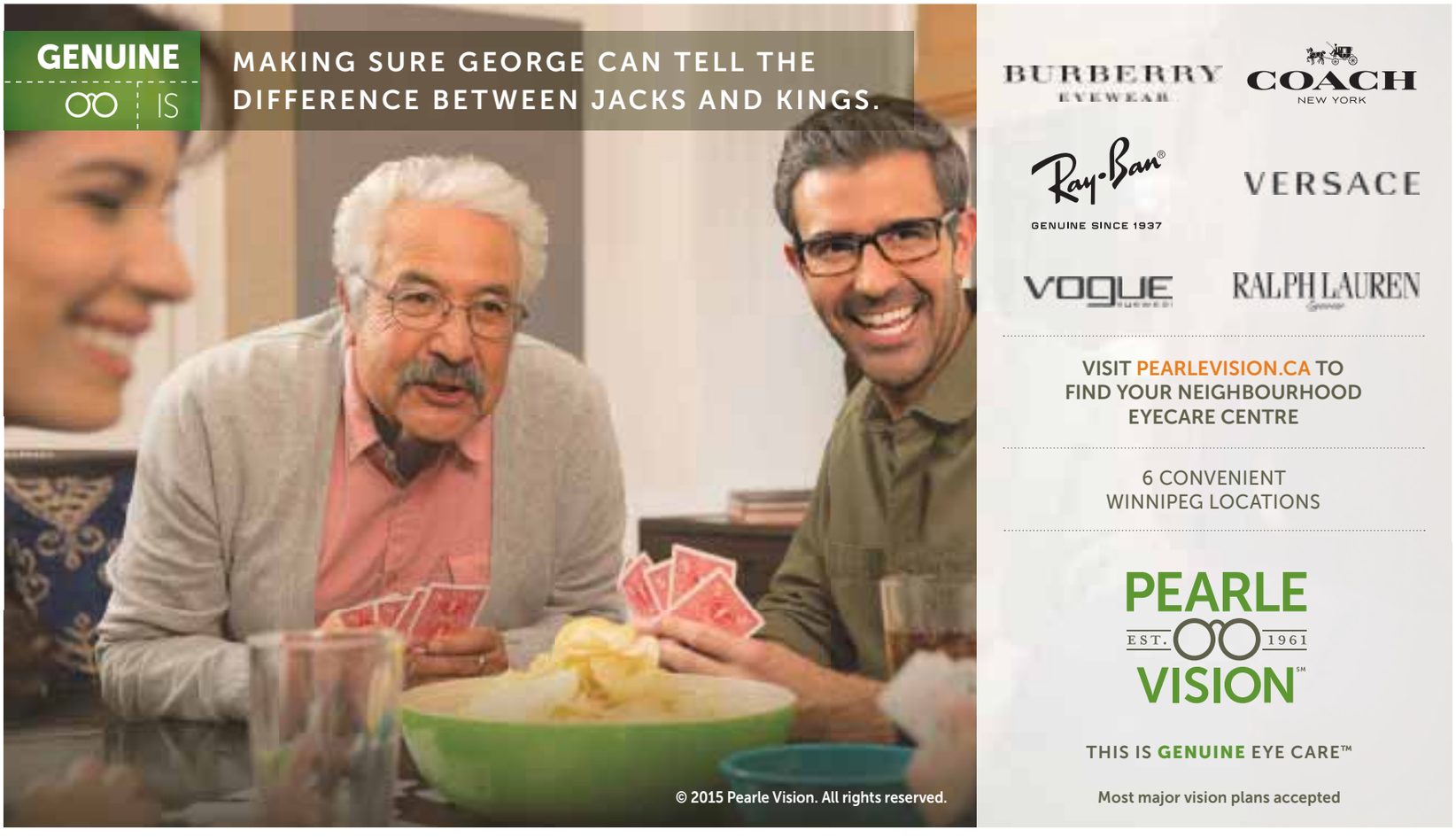
The crew had arrived Sunday in Villa Castelli, where it had previously filmed a version of Dropped for Switzerland and Denmark, said Mayor Andres Navarrete. The remaining victims were identified as Laurent Sbasnik, Lucie Mei-Dalby, Volodia Guinard, Brice Guilbert and Edouard Gilles, as well as pilots Juan Carlos Castillo and Roberto Abate.

French Secretary of State for Sport Thierry Braillard said on the BFM TV channel that "French sport has lost three stars this morning."

Other Dropped contestants on hand included former France and Arsenal striker Sylvain Wiltord, ice skating champion Philippe Candeloro, former Olympic swimming champion Alain Bernard and veteran cyclist Jeannie Longo. None of them was involved in the accident.

William Forgues, Muffat's companion, told i-Tele cable news channel that she was instructed not to reveal details about the show filming, but "told everybody that it was great. She was not forced (to do things). She was where she wanted to be."

"C'est la vie," he added. THE ASSOCIATED PRESS



4 oil trains derailed in past month

Public safety.
Canadian, U.S. officials working on regulations to lessen problems of train operations

Four trains hauling crude oil have derailed in Canada and the U.S. since mid-February, rupturing tank cars, spilling their contents, polluting waterways and igniting fires that burned for days.

The derailments have deepened safety concerns that if an oil-train accident were to occur in a populated area, the results could be disastrous.

Rail and hazardous materials safety experts said the number of accidents is going up because the oil boom in Canada and the U.S. has dramatically increased the amount of oil shipped by rail. Last year, railroads moved 493,126 tank cars of crude oil, compared to 407,761 in 2013. That's up from just 9,500 cars in 2008 before the hydraulic fracturing boom took off in the Bakken region of North Dakota, Montana and Canada.

Most of the accidents in the U.S., as well as the Lac-Mégantic derailment, involved trains hauling Bakken crude. Government tests show Bakken crude is more volatile than most crude oil.

Experts say many factors can cause accidents, from too great a speed, to operator fatigue, to cold weather. When it is very cold, as it has been across much of North America, steel rails and train car wheels can contract and become brittle. If the steel has a manufacturing flaw, no matter how small, it can spread rapidly in the cold weather.

Canadian and U.S. officials are working on new regulations to increase the safety of train operations and of the special tank cars that carry oil, including tank cars that have thicker shells and electronically controlled brakes that stop cars at the same time rather than sequentially.

THE ASSOCIATED PRESS

Quoted

"You get real cold weather like this and a rail can just snap ... a wheel will shatter like a piece of glass."

Ed Dobranetski, a former U.S. National Transportation Safety Board rail accidents investigator.

Target's troubles spread to the U.S.

People leave Target Corp.'s downtown Minneapolis corporate headquarters Tuesday. After shedding 17,600 employees in Canada following its decision to pull out of the country, Target is continuing the exercise in the U.S. The retailer said Tuesday it is laying off 1,700 workers and eliminating another 1,400 unfilled positions as part of a restructuring aimed at saving $2 billion US over the next two years. A Target spokeswoman said the cuts will come primarily at headquarters locations in the Minneapolis area, where the company employs about 13,500 people. COURTESY STAR TRIBUNE/THE ASSOCIATED PRESS

Children's medicine

Manufacturer agrees to pay $25M

A manufacturer of Infants' and Children's Tylenol and Children's Motrin has agreed to plead guilty to a criminal charge it sold products that contained metal particles, say court documents unsealed Tuesday. McNeil Consumer Healthcare agreed to pay $25 million US to resolve the case.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 78.86 cents (- 0.53¢)

TSX 14,641.76 (- 212.73)

OIL $48.29 US (- $1.71)

GOLD $1,160.10 US (- $6.40)

Natural gas: $2.732 (+5.4)
Dow Jones: 17,662.94 (- 332.78)

Raspberries go in top secret file

The Harper government won't divulge any details of a proposed new marketing agency for raspberries.

The Canadian Press recently filed an access-to-information request for a November briefing note to Agriculture Minister Gerry Ritz on the proposed raspberry agency.

Agriculture and Agri-Food Canada sent back a copy of the note with every word censored except its title: "Creation of a raspberry promotion and research agency."

The department cited sections of the Access to Information Act that deal with trade secrets and confidential information of a third party, and advice or recommendations given to the government or a cabinet minister.

But a quick Google search shows the idea for a raspberry marketing agency has been kicking around for a few years.

In 2012, the B.C. Raspberry Industry Development Council pitched the idea of a marketing agency to be funded by levies of half a cent per pound of berries sold in Canada. In their pitch, the group said Canada needs a raspberry marketing agency because sales have fallen in recent years as cheaper berries from abroad fill store shelves.

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VOICES

TV COUNTING DOWN TO ITS FINAL EPISODE

With HBO's announcement that they are switching over to an internet -based service, it's only a matter of time before cable dies for good

MATT LAFORGE
readers@metronews.ca

You see Tim Cook, resplendent in a half-zip mock-neck pullover, next to a 30-foot projection of Mickey Mouse on a watch face and you say to yourself, "This is the most significant consumer-technology announcement of the week." But you're forgetting HBO. You're forgetting the real news.

The real news, in case you missed it: HBO is breaking up with cable.

Richard Plepler, head of the pay-TV giant, showed up at Apple's big unveiling on Monday to tout HBO NOW, a new internet-based service, first hinted at in October, that will launch in time for the Games of Thrones premiere in April and that will make available to viewers who don't have a cable or satellite subscription a large and up-to-date trove of the network's much-loved and much-coveted offerings. Deadwood, The Wire, The Sopranos — the whole gang (save Dream On, Larry Sanders and a bunch of other stuff) will be accessible on Apple TV and all the other iThings.

Need I even mention that this service is only planned for the U.S.? That's right — it's yet another boon for the American media consumer (add it to the reasonable mobile data rates and that seemingly bottomless Netflix selection) and yet another occasion for the Canadian media consumer to feel sorry for herself as the words "Content not available in your territory" flash in her mind's eye.

Except that to see the HBO-Apple deal simply as another treat that we're not getting (right away) is a typically Canadian overemphasis on the superficial downside.

Let's suspend the pity party long enough to recall what's been going on up here the past couple of years: Millions of Canadians enthusiastically sign up for Netflix; thousands cut the cable cord; the Conservatives use time in a throne speech to promise to unbundle cable packages; then, later, they vow in a tweet never to tax Netflix and YouTube; Rogers and Bell launch Shomi and Crave, so-called over-the-top services that provide to their TV subscribers streams of shows and movies not available on Netflix; the CRTC issues a surprise fiat that undermines the value of Bell's 2017 Super Bowl broadcast rights by preventing the broadcaster from subbing out American ads during the game. There's a pattern forming on both sides of the border, and the HBO-Apple deal is just the latest manifestation of it.

The pattern is intricately disjointed when inspected up close, but, at a distance, its broad form is easy to discern: TV as we know it in this country is about to be a thing of the past.

The capacity to stream video via the Internet — no airwaves, insulated coax or satellite relay required — means the TV-signal distributors (i.e., the cable and satellite companies) no longer hold all the cards. The government knows it, the Internet-based startups know it, the distributors definitely know it, and the networks know it, too.

The media blogger Steve Faguy made the situation plain a few months ago in an interview on the Canadaland podcast: There's nothing preventing every Canadian channel from streaming online, and the only reason they're not already doing it is that, for the moment, despite Netflix and cord-cutting, the traditional regulated broadcast system is still where the bulk of viewers are found.

But there's no reason why that can't change and quickly.

It's in this light that the HBO-Apple deal is instructive: That HBO, the consummate premium cable-and-satellite brand, is now taking the first step toward disintermediating its cable and satellite partners should be seen by Canadian observers not as a power move on the part of one-of-a-kind player, but as a sure sign of things to come.

Big-ticket movie-and-prestige-drama channels constitute one of three main categories of TV product that wed people to their cable bills; news and live sports are the others.

Now the biggest of the big-tickets is stepping out. What's to stop the NHL or NFL from doing the same? Broadcast-rights contracts? Those don't last forever.

If you're a cable or satellite provider, you can take solace in the fact that you'll still be selling internet access when all the TV shows are streamed on the internet.

Or at least you will be until Tim Cook reaches into his pullover drawer and announces that Apple is going to start giving the internet away for free.

Matt LaForge is Metro Canada's managing editor of Canada, world and business.

Character matters — and it's worth the expense

JESSE STANIFORTH
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There are good reasons why governments see fit to intervene in granting birth certificates to parents who wish to give their children unusual names.

They don't want children to be named things that will cause offense to others ("God Hates Italians Johnson"), or to be named things that will bring hurt or ridicule upon them ("Ugly Moron Smith").

These are reasonable examples of government interference in the naming of children.

But the Northwest Territories' Vital Statistics Department went too far when they told Shene Catholique-Valpy that she couldn't register her newborn baby under her given name — Sahaiɂa, Chipewyan for "when the sun peeks through."

The reason they gave was that the name included a character that's not part of the Roman alphabet, and therefore couldn't be included on a birth certificate or on federal documents like passports.

If you don't know how to pronounce that name, that's fine. Like me, you're not used to characters that indicate a glottal stop — a sound we don't use in English.

One might argue this is our problem, as English speakers, and not the problem of the mother or her child.

However, we can all agree that the child has a name, whether or not all of us can pronounce it.

Being asked by the territorial government to register her birth under a different one, implying a different pronunciation and meaning, is an insult to Catholique-Valpy.

In Canada, names matter more to many Indigenous people than non-Natives may think.

For several decades now, there has been a growing demand for Indigenous people to reclaim the languages, cultures, and traditions that Canada spent more than 100 years trying to destroy in what former prime minister Paul Martin called the "cultural genocide" of Residential Schools.

That recovery of history is without a doubt an inspiration to the growing chorus of voices demanding that Sahaiɂa Catholique-Valpy get a birth certificate with her actual name on it. (Up to this point she doesn't have one, nor a health card: her mother has been paying out of pocket for her medical treatment.)

The only strength of the argument in favour of denying her a birth certificate is that it would cause bureaucrats would to have to figure out a way to include in Canadian identification documents languages like Chipewyan that existed on this land for thousands of years before Europeans decided it was Canada.

That will have a financial cost, and we can expect a protest from the usual aggrieved voices over the outrage of the government spending money to include the characters required to name all Canadians in its documents.

However, Canada isn't doing enough right now to foster a healthy relationship between its government and its First Peoples.

This is a problem both on grand and minor scales. When the Assembly of First Nations is consistently at odds with the feds over issues like education we see the tension in its more dramatic form.

Yet when a Chipewyan woman can't even get her child a birth certificate and health card because bureaucrats are not willing to use characters outside the Roman alphabet the indignation we are hearing is no less fiery, and no less pressing to resolve with common sense and decency.

It will cost money to reprogram some computers, but building better relationships with Canada's first peoples — both in big and small ways — should seem worth the expense.

Jesse Staniforth is a Montreal-based journalist and a regular contributor to the Nation magazine, serving the Cree Nation of Eeyou Istchee and the communities around James Bay.

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In the promised Zoolander

The obvious highlight of Paris Fashion Week so far?

The sight of veteran male model — and signature-look Blue Steel innovator — Derek Zoolander triumphantly returning to the runway for Valentino, sporting a custom Night Butterflies brocade suit and overcoat.

OK, not really. But Ben Stiller and Owen Wilson did make a surprise appearance in Paris, using the catwalk as a means to cleverly announce that a sequel to the 2001 comedy Zoolander is officially happening. The long-awaited followup has been talked up for years, with Stiller discussing plot ideas in interviews as far back as 2010.

Justin Theroux reportedly wrote the script, with Penelope Cruz on board to star alongside Stiller, Wilson and Will Ferrell. No release date has been set yet.

Ben Miller and Owen Wilson. ALL PHOTOS: GETTY IMAGES

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

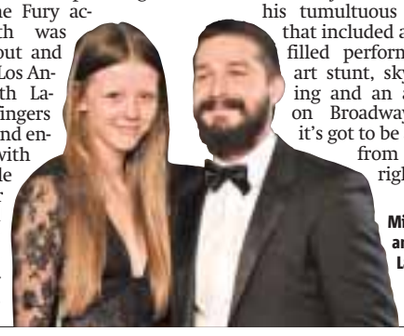
Mom, please don't Express Yourself

So what's it like to be the 18-year-old daughter of an iconic, boundary-pushing sex symbol? Pretty awkward, as it turns out. Madonna admits to Carson Daly during a Today show interview that oldest daughter Lourdes isn't dealing too well with some of mom's racier material. "(Lourdes) is horrified by all of it," Madonna explains. "She just wants me to be her mom." That's one request Madonna has apparently been taking very seriously, especially now Lourdes is off to the University of Michigan as a freshman. It turns out Madonna can still embarrass her daughter the old-fashioned way. "I'm very, you know, worried. 'Are you OK? Are you getting enough sleep? Are you eating right?,'" she admits. "I was worried about the fact that she didn't have enough towels, Q-tips, you know." Lourdes, it seems, just can't win.

Madonna and daughter Lourdes

Shia and Mia to make it official

Apparently Shia LaBeouf's new rattail isn't that much of a turn-off, because if model Mia Goth's new jewelry is any indication, she's planning to marry the Fury actor. Goth was spotted out and about in Los Angeles with LaBeouf, fingers of one hand entwined with his while the other sported a pretty impressive diamond. And yes, it was on that finger. The pair began dating in 2013 after working together on Lars Von Trier's Nymphomaniac, and she stood by him through his tumultuous 2014 that included a tear-filled performance art stunt, skywriting and an arrest on Broadway, so it's got to be all up from here, right?



Mia Goth and Shia LaBeouf

Blurring the lines

Pharrell Williams

A jury awarded Marvin Gaye's children $7.3 million on Tuesday after determining singers Robin Thicke and Pharrell Williams copied their father's music to create Blurred Lines, the biggest hit song of 2013. The verdict could tarnish the legacy of Williams, a reliable hit-maker who has won Grammy Awards and appears on NBC's music competition show The Voice. THE ASSOCIATED PRESS

Netflix stars won't break vow of secrecy

They'll never tell.
Roster of actors pointedly refuse to reveal future plot points

LISA WEIDENFELD
Metro in NYC

Uzo Aduba, who plays Crazy Eyes on Orange is the New Black, will only chat with friends about series episodes they've all already seen. JESSICA MIGLIO FOR NETFLIX

If you thought that Kevin Spacey was going to spill one tiny thing about the newest season of House of Cards, think again. Any efforts to tease hints out of him are met with "Nice try." How serious is he about spoilers? He won't even confirm that there's a fourth season coming for the hit show. It's all part of his overarching philosophy regarding binge watching.

"I kind of have this policy about this, which is that I won't discuss any plot points or anything that happens in any season. I haven't ever, for three years. It's one of the most satisfying parts about being in the show, because I can't be the spoiler in chief," says Spacey. "There are people who still haven't even watched Season 1."

We pressed Spacey on this. Surely there comes a point when it's OK to talk about past seasons, at least?

"It's never OK. It never will be OK," says Spacey firmly.

Vincent D'Onofrio, who will be appearing as Wilson Fisk in the Netflix/Marvel Daredevil show, says, "On our show, we have an out, because it's Marvel, and I'm not allowed to talk about it. So even if I wanted to, I can't."

But Uzo Aduba, who plays Suzanne (or Crazy Eyes, if that's more your style) on Orange is the New Black, was willing to throw us a bone, and admits she does do some plot discussion with friends. "As someone who is a fan of House of Cards, and has finished, I found a group of people who I could have that conversation with, where I was like, 'OK, we're going to have to discuss a couple up to 4, let's discuss 1-4.'"

things.'"

Aduba says it's also important to make sure you verify how far your prospective chat buddies are in the show before moving forward. "I find with my friends, you find where they are in the season. And so you can be like, 'OK, you've watched

Details

Not you, too, Taylor

"In terms of speaking about the show, I concur with my fellow Netflix friend," says Taylor Schilling of Orange Is the New Black, breaking all of our hearts a little. "I don't really ever feel like there's an appropriate time to start to talk about things, because I so respect the experience that people have with these shows and I feel like it's a very intimate experience. I love the idea that people are just starting to get to know the world we've created."

Even within the Netflix family, it's verboten to get too detailed about plot points. Regarding a question about developments on House of Cards, Schilling says, "It was funny, I had like a visceral reaction when I heard that question, like, 'Please do not tell me.' I'm savouring those episodes of House of Cards right now."

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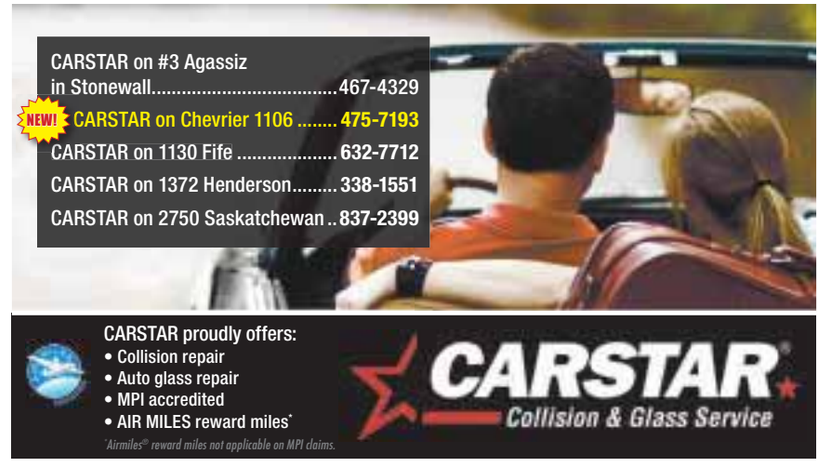
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Juno you can do better

As the Junos roar into Hamilton this weekend, it's clear the venerable awards show has grown a bit rusty. Below are five ways the Junos might be improved.

THE CANADIAN PRESS

Charm Drake

Drake's gold throne sits atop an enviable nexus of critical adoration, sales supremacy and superstardom. Rightfully, he should have many Junos alongside his other gilded baubles. But he hasn't appeared at the show since 2011, when he was shut out — and, his rap peers argue, embarrassed — in six different categories, despite hosting the show in his hometown. Lord knows, his absence is deeply felt.

An M.I.A. MC

No disrespect intended to Jacob Hoggard (below), but his band Hedley had already been announced as a Junos performer when CTV said he would also host. The decision generated little discernible buzz for the show — as did having Classified, Johnny Reid and Serena Ryder collectively host last year. The three shows prior to that were helmed by Michael Bublé, William Shatner and Drake, who infused the Junos with a greater degree of star power. If the host is unlikely to bring in new viewers, why not go without one — as the Junos did successfully in 2010?

Take more risks

Organizers seemed to make an effort to reel in newcomers this year, including Shawn Mendes, Magic! and Kiesza (above), along with veteran Deadmau5. But what took so long? The Junos should endeavour for early adopter status more often, and broaden their idea of relevance. For instance: Wouldn't a few of Grimes' roughly 270,000 Twitter followers tune in to see the eccentric electronic composer's Junos debut, regardless of her album sales?

Play Cancon Tinder

The Grammys haphazardly play musical matchmaker and often it doesn't work out. But the Junos have had better luck in the rare instances they've coerced collaboration — Deadmau5 and Lights come to mind, as does the increasingly historic pairing of Drake and Justin Bieber. Continuing to link Canucks might generate more excitement than seeing the same familiar faces play their last or (eye-roll) next single.

Conquer insecurity

Can we cut the international album of the year category altogether? The only rational justification for its existence is to persuade non-Canadian stars to attend the show — and if that's the plan, it's been failing for years. Unless CTV is keeping secret an appearance by Katy Perry, Taylor Swift or Lorde (above). While this category has allowed us the juicy opportunity to accurately refer to Eminem as a two-time Juno winner, its time has come and gone.

Beyond the beach in Punta Cana

Trend. Tour operators realize travellers want more than just a rum-soaked resort stay: Enter the boutique resort with immersive cultural activities

VAWN HIMMELSBACH
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This time of year, most Canadians are ready to shed their down-filled parkas and salt-and-grime-covered boots in favour of bathing suits and flip-flops — and soak up some vitamin D.

But not everyone wants to stay in a crowded all-inclusive where they don't see life beyond the walls of the resort. These days, there's a trend toward smaller, boutique resorts offering a more personalized experience, and more of a focus on sustainable tourism and experiencing local culture.

Sunwing Vacations, for example, recently opened the adults-only CHIC Punta Cana in the Dominican Republic, which offers a Miami South Beach vibe — with only 323 stylish suites. The resort features a poolside DJ booth, "mermaid" pool, oxygen bar, culinary "chef's table" experience, and spa with hydrotherapy circuit. And lots of mood lighting.

In an atypical move for a tour operator, Sunwing purchased the resort, so it "owns" the experience from start to finish. "It's working really well for us," says Jaqueline Grossman, senior director of marketing with Sunwing Travel Group. "It allows us to extend the whole value proposition across the entire experience, from the time you get on the plane with champagne service (through your stay at the resort)."

CHIC Punta Cana offers a Miami South Beach vibe and tours through the DR. PHOTOS: VAWN HIMMELSBACH/METRO

While Canadians crave beach time, they still want to get off the resort — at least for a day or two. Country Safaris, a local tour operator that works in conjunction with Nexus Tours, takes tourists off the resort to see the countryside, visit villages and sample Dominican coffee, cacao and cigars.

It's also a chance for tourists to purchase locally produced products, such as coconut oil and rum, straight from the farmers.

The DR is also seeing a big ecotourism trend, says Julio Lopez, a tour guide with Nexus Tours. It has responded by partnering with The Nature Conservancy, The Smithsonian and the United Nations, turning more than 25 per cent of the country into natural parks, reserves and marine sanctuaries.

Isla Saona — a postcard-perfect tropical island — is part of a protected national park system that makes up a good chunk of the Caribbean coastline.

Tourists can visit the island with tour operators such as Nexus Tours for a day of snorkelling, swimming and sunbathing on miles of inhabited beaches.

Closer to Punta Cana, tourists can head to Samaná Bay — one of the first whale sanctuaries in the world — to spot humpback whales, or the Indigenous Eyes Ecological Preserve for a dip in a freshwater lagoon believed to hold medicinal properties.

TRAVEL AND ACCOMMODATION COSTS COURTESY OF SUNWING VACATIONS.

Drink it

- **Mama Juana.** In the DR, it won't be long before someone offers you a shot of the local drink of choice: Mama Juana. Originally prepared by the Taino Indians as a medicinal drink to cure a range of ailments from headaches and joint pain to poor libido, the modern-day version consists of a mix of twigs, barks and herbs steeped for days in rum, red wine and local honey. Just don't drink too much, or what ails you will be a nasty hangover.

Tours off the resort offer travellers the chance to see some Dominican industries like coffee plantations.

Two nations, one island

Not everyone who visits the Dominican Republic realizes it shares the island with Haiti. But while the DR is considered a tropical paradise, Haiti remains one of the poorest countries in the world. This goes back to colonial times, when the Spanish handed over the western third of the island to the French in 1697. Hundreds of thousands of African slaves were brought there to help produce sugar, coffee, cacao and cotton. But the slaves rebelled and gained independence in 1804, renaming the former colony Haiti. However, independence was followed by rebellions, coups and dictatorships. Massive deforestation and a coastline prone to hurricanes have added to the country's socio-economic problems.

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Habits that may be holding you back at work

Tips. When it comes to a stalled career, sometimes you can only blame yourself

LAUREN MARINIGH
TalentEgg.ca

Climbing that corporate ladder takes more than just simply showing up to work every day. ISTOCK

Do you feel held back at work?

It's easy to blame competition or management when you hit a brick wall in your career. It can be awfully frustrating, especially when your day-to-day life seems to become more and more repetitious.

But it's important to remember that there is always something you can be doing to change your situation — and the first step is recognizing what you might be doing (or not doing) that's stopping your career advancement.

Not speaking up

One of the things that may be holding you back from moving up the ladder in your workplace is keeping quiet.

Speaking up when you have an idea or something to contribute shows your employer that you not only care about your job, but also the company you work for. Sharing your input is also a great opportunity to demonstrate to your employer that you are capable of much more than doing assigned tasks, which could lead to bigger and better opportunities within your workplace.

It's also important to make sure you're asking questions. If you don't understand something, need more clarification, or you just want to learn more, don't hesitate to speak up and ask. People often fear that not understanding something may make them look bad; on the contrary, speaking up and asking the right questions will show your eagerness to learn.

Being overpowering

Often, leadership is confused with being the most "powerful" person in the room. This isn't always the case — overpowering teammates when working on a project not only gives off a bad impression to colleagues, but indicates you aren't capable of working harmoniously with other people.

Nobody likes the bully in the workplace, and being too abrasive about your ideas and the projects you're working on can create negativity and tension. The reality is, every workplace involves working with others, and everyone has a different work style. Adjusting yourself to be able to work with any type of person is one of the best qualities you can bring into a workplace, and one that can only benefit you.

So how do you demonstrate leadership? Listen to everyone's ideas, and act as a mediator. Yes, you can put your foot down when it's absolutely necessary, but a true leader is able to come up with solutions with their team, and make everyone feel included. These qualities are sure to be noticed by management, and it will hopefully result in your career progression.

It's time to contribute

Speaking up when you have an idea or something to contribute shows your employer that you not only care about your job, but also the company you work for.

Not taking initiative

There is almost nothing more irritating to an employer than having to babysit one of their workers. They want to see what you are capable of — but if they're constantly on your back about what you are working on, they are not likely going to give you additional opportunities.

Taking initiative and getting stuff done before it is asked of you is a quality that employers look for in their employees. Be the type of employee that your boss doesn't have to worry about because you are always one step ahead.

This means knowing what tasks you have for the day. Get your work done on time (or ahead of time, if possible). If you have questions, reach out to someone — don't wait for someone to come up to you. If you're done your work, ask if there's anything you can assist with.

Lacking positivity

Having a positive attitude is key in any workplace — after all, nobody likes a negative Nancy.

No matter how efficient you are at your work or how intelligent you are, you'll have a difficult time advancing if you don't demonstrate that you enjoy the work. Employers will be hesitant to promote someone who doesn't seem passionate, especially since individuals in management positions are often expected to represent the company in a positive fashion to both their team and clients.

You might be exuding negativity at work, and not even know it. You might love your work, but forget to show enthusiasm. Managers usually base their judgments on observations. If they get the impression you don't enjoy your work (even if you do!), then the outcome will still be the same.

Luckily, this is fairly easy to remedy. Smile and greet your colleagues on a daily basis. It may feel forced at first, but you'll find you'll adopt to your new habits soon enough!

Not showing commitment

Not showing that you're committed to your job and workplace can be a huge reason you aren't advancing. Employers look for people willing to go above and beyond, who aren't just there for a paycheque.

Show commitment: you may need to come in early or stay late to get a project done on time, or hook your email up to your cell phone to stay on top of everything.

Perhaps you're doing this already, and management hasn't noticed. Consider sending your manager a casual update through email, letting them know what you've been working on and how it's going. Briefly mention the processes you've implemented, or the different steps you've taken to make sure everything is taken care of. This is a subtle way of making sure you're on their radar!

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Most students are encouraged to look for jobs during their final year of college or university. If you haven't been lucky enough to land a job right away, job hunting can become an anxiety-inducing, exhausting experience.

Staying organized is the best way to keep your head on your shoulders. You don't want to forget to follow up with a recruiter, or forget to send out an application. And since most students and grads almost always have a device at their fingertips, apps and programs are a great way to stay on top of your job hunt. Here are a few strategies.

Spreadsheet programs
Spreadsheet programs like Microsoft Office Excel, Apple Numbers, and Google Drive Sheets are an easy way to stay organized. For every potential job, make columns for the following:

- Date you saw the ad
- Company name
- Job title
- Duties (alternatively, ad URL)
- Application closing date
- Required materials
- Date application submitted
- Status of application

Of course, these are suggestions; feel free to customize to your needs. Consider having different spreadsheets for different kinds of jobs. For example, if you're looking into administrative and social media jobs, it can be more convenient to divide the jobs by this category.

The more organized you are, the less anxiety you'll have about that next job interview. ISTOCK

To-do list programs
If you are not a fan of spreadsheets, consider to-do lists. There are a wealth of choices out there, and many of them are cross-platform and available as mobile apps. Some examples are Trello, Wunderlist, and Any.Do.

The great thing about these programs is the ability to create different lists: you can have a checklist for each job you're applying to. Include the job title, company name, and the application deadline.

For each job:

- Research the position
- Revise resumé
- Write cover letter
- Send resumé and cover letter
- Prepare for interview
- Attend interview on (date) at (location)
- Send post-interview thank-you note

Some of these are larger tasks than others, so if necessary, split them up as separate points in the to-do list.

For example, preparing for an interview is a complex task. This may involve choosing an outfit, researching the company and your interviewer(s), and making sure you know your way to the interview location.

The advantage of to-do lists is that you have a clear list of tasks and each time you check something off, you get a sense of satisfaction.

Web clipping and read-later programs
Bookmarking a web page is not the same as saving it. This can be done with a web-clipping program like Evernote Web Clipper or a read-later program like Pocket and DotDotDot. The purpose of these programs is to save and archive job advertisements.

Once you have job advertisements saved, it will be useful to organize them into different folders.

Your system can be organized by job type, which can refer to the industry or whether the job is short-term contractual or potentially long-term.

If possible, annotate your archived clippings. These notes to yourself can be a great line for the cover letter or a reminder to talk to someone you know who works in the company.

Keeping notes together with the advertisement ensures you won't forget something that will help you succeed in finding that dream job.

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Study. Telling kids they're special may foster narcissism

Children who are told they are special by their parents are more likely to become narcissists, according to a study that aimed to uncover the origins of extreme selfishness.

The research in the Proceedings of the National Academy of Sciences, a peer-reviewed U.S. journal, is based on a study of 565 children in the Netherlands who were surveyed over the course of a year and a half, along with their parents.

Children whose parents described them as "more special than other children" and as kids who "deserve something extra in life" were more likely to score higher on tests of narcissism than peers who were not lauded in this way.

Researchers also measured how much parents overvalued their children by asking how much they agreed with statements like: "My child is a great example for other children to follow."

The children were between seven and 11 when they entered the study. They and their parents were surveyed four different times, with each session six months apart.

"Children believe it when their parents tell them that they are more special than others," said study co-author Brad Bushman, professor of communication and psychology at Ohio State University.

"That may not be good for them or for society."

Parental warmth and encouragement may be a better strategy than inflating the ego, the study found.

Youths who said they were often told they were loved by their parents were more likely to show high self-esteem but not narcissism. AFP

Researchers surveyed 565 children in a recent study on narcissism. ISTOCK

Three ways to master an overwhelming workload

Career. If you stay organized and know your limits, you can avoid the dreaded burnout

CELINE TARRANT
TalentEgg.ca

Even those with the best time-management and organization skills get overwhelmed with their workload from time to time.

When you find your workload is piling up and you have too much to do, it can be easy to let stress take over.

Here are three things you can do to manage competing priorities and make it through the most overwhelming times at work.

Prioritize and Conquer

When you have competing deadlines and multiple priorities, it's easy to believe that everything is important, and tempting to just try to complete it all. In reality, something must always take precedence over something else, and it's your job to figure it out. You need to determine which deadlines may be flexible, or where you can buy yourself some extra time.

Take 10 minutes to write down everything you are working on right now, and flag what you need to do right away, and what you can deliver a bit later instead. As long as you give people enough notice that you need extra time, they are usually flexible.

It's important to remember that your boss doesn't always know everything that you're working on.

It's easy for them to forget that you have more than one thing on your plate. Get clarity from your boss to understand which tasks are true priorities. Where can you submit an outline, a plan, or a draft rather than a final product?

Once you have a set of properly prioritized tasks to work with, assign a realistic timeline to each action you need to complete and hold yourself accountable to it.

Don't Neglect Yourself

Managing your stress levels is essential to getting through tough periods at work. You still need to take care of yourself, and shouldn't sacrifice nutrition and fitness by skipping meals or light exercise.

It's tempting to dive straight into your inbox in the morning without so much as a sip of coffee, but skipping breakfast is a surefire way to have a mid-morning crash and be dealing with low energy all day. Lunchtime is important as well to keep your blood sugar up for the rest of the day, be social with colleagues and give yourself a quick mental break.

If possible, get out of the office for a few minutes and take a walk around the block. Giving your legs a break from sitting all day is essential to good health, as well as giving your eyes a chance to recover from looking at a computer screen all afternoon. You will return to the office with a better outlook on everything, and feel more mentally prepared to handle your workload.

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DISCOVER · ACHIEVE · BELONG

Who says you have to surrender to an ever-growing pile of stressful work? ISTOCK

Be in control

"Once you have a set of properly prioritized tasks to work with, assign a realistic timeline to each action you need to complete and hold yourself accountable to it."

Say No To More Work

It's tough to say no to taking on more work, especially to your boss. But if you're already operating at maximum capacity, it's not a good idea to add more to your already-full plate.

Serial overachievers find it especially difficult to turn down opportunities to prove themselves, but it's always better to excel at a few things than to take on too much and under-deliver. Submitting substandard work, letting down team members, and overstretching your resources will ultimately damage your reputation.

If someone asks you to take on something more at work, politely let them know what you're working on right now and that you have a few competing deadlines. Tell them that you are very keen to help out as soon as your schedule opens up again.

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CHARITABLE GIFT GIVING

Night of music and fine dining

ALS Society of Manitoba annual Cornflower Gala

CONTRIBUTED

The ALS Society of Manitoba will once again host its Cornflower Gala on April 25 at the St. Charles Country Club. Tickets are $150 per person and include a partial charitable tax receipt.

The event will offer guests fine dining and live music performed by two-man band Luke & Murray, as well as an art auction and various prizes up for grabs, including a whale-watching adventure in Churchill.

The gala is held in support of patients with amyotrophic lateral sclerosis (ALS), an illness that affects approximately 3,000 Canadians — more than 280 in Manitoba alone.

The ALS Society of Manitoba offers comprehensive information about ALS for people with the disease, their caregivers, healthcare professionals, donors, media and the general public.

Funds raised by the gala help patients and families who have been affected by this debilitating disease.

For details or to attend the gala, call 204-831-1510 or email HOPE@alsmb.ca.

WALK FOR ALS REKINDLES MEMORIES

When Dora Wiebe was diagnosed with ALS in April 2013, her large, close-knit family learned the harsh reality of this relatively unknown disease. She passed away only months later, yet her memory lives on through Team Dora: 34 family members who participate each year in the Walk For ALS.

"We walk in her memory, but she really is the head of our team," says Dawn Scarfe, granddaughter and team captain.

Team Dora has been fundraising for ALS in numerous ways. In addition to the Walk For ALS, the family participated in the ALS Ice Bucket Challenge last summer. It hosted a yoga night with proceeds supporting the ALS Society of Manitoba, and it supports the Lite Up A Life Campaign and other fundraising efforts. In a little more than a year, Team Dora has raised almost $4,000.

"My mom's faith, along with the love and support of her family and friends, carried her through all challenges in her life," says daughter Belinda Wiebe Friesen. "Because of her faith, mom accepted her diagnosis and made the best of the time she had with us."

CONTRIBUTED

The family is preparing for the 2015 Walk For ALS June 20. Registration for the event is open. Participants can sign up individually or as a team. Hosted by Virgin Radio personality Ace Burpee, the walk will include music, lunch and prize giveaways, all in support of the ALS Society of Manitoba and ALS Research.

For more, including a registration package, visit alsmb.ca or call 204-831-1510.

MORE ABOUT ALS

- It is also known as Lou Gehrig's disease or motor neuron disease.
- It is a rapidly progressive neuro muscular disease.
- It causes nerve cells to die and voluntary muscles to degenerate.
- Its cause is unknown.
- It is not contagious.
- It can strike anyone at any age, gender, socio-economic group or ethnicity.
- Fewer than 10 per cent of ALS cases are hereditary.
- Eight per cent of ALS patients die within two to five years of a diagnosis.
- Only 10 per cent of those affected may live 10 years or longer.
- The mortality rate for ALS is approximately two per 100,000 each year.
- People with ALS require costly equipment and care.
- Ninety per cent of the burden of care is shouldered by family members.
- The ALS Society of Manitoba provides care, equipment and assistance to patients, families and caregivers.

WALK for ALS

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DONORS MAKE A WORLD OF DIFFERENCE

AT MCC FURNITURE THRIFT STORE

Erika Neumann has a special compassion for those less fortunate. A registered nurse and the owner of Seniors Comfort Inc., Neumann recalls her parents' escape from war-torn Russia in 1929, and MCC's involvement in assisting them with their immigration to Paraguay from Germany.

Neumann was born in Paraguay and was a young teen when her family came to Winnipeg. They began their new life in this country with clothing and household items purchased from MCC thrift stores, a non-profit, volunteer-based organization that raises funds for the Mennonite Central Committee toward aid and development in communities around the world suffering from poverty, conflict, oppression and natural disaster. Neumann says her mother often talked of her extreme gratitude for the work of MCC, helping her family in its time of need.

When one of her Seniors Comfort clients passed away recently at age 97, Neumann helped the family clear out the estate, including precious heirlooms. She immediately thought of the MCC Furniture Thrift Store on 18 Keewatin St.

SHUTTERSTOCK

"We could have sold the items ourselves, but we all agreed that this would be the better way to go," she says.

MCC Furniture Thrift Store picked up the items, appraised, priced and sold them in-store. Any donation with a total value of at least $100 was eligible for a tax receipt for the family. "This is a win-win situation," Neumann says.

Laurie Goetz, manager of the furniture store, says stories like these are not unusual.

"Our thrift stores rely heavily on the contribution of donors to make this happen," she says. "I am always impressed by the generosity of our donors and the quality of gently used items that grace our showroom. We could not do the work that we do without them."

The donors feel good that their items can be appreciated and used by others, volunteers feel good about donating their talents and time, and customers feel good that they can shop with a conscience, all while finding affordable, practical items.

Neumann has since donated pieces from her own home to the store and encourages others to do the same. "Giving is far more eternal than receiving," she says.

Thrift store donor Erika Neumann, left, truck driver Brian Hastings, and manager Laurie Goetz. CONTRIBUTED

AFFORDABLE FURNISHINGS

The MCC Furniture Thrift Store on 18 Keewatin St. was first established 11 years ago with the focus of providing affordable furnishing to immigrants. The two-storey building covers 10,000 square feet and features hundreds of furniture pieces and appliances. New product is added daily. Store hours are 10 a.m. to 5 p.m., Monday through Saturday. For more information or to make a donation, call 204-694-3669 or email mccfts@shaw.ca. And check out the MCC Furniture Thrift Store Facebook page.

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Breakfast or dessert. Carrot Cake Waffles

This recipe makes four large waffles. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. To make the syrup, in a small saucepan over medium-high, combine the brown sugar, water, raisins and both the fresh grated and dry ground gingers. Bring to a simmer, stirring to combine, and heat until the sugar has dissolved. Remove the pan from the heat and set aside to steep.

2. Heat a waffle iron to medium-high. Heat the oven to 250 F.

3. In a medium bowl, whisk together the eggs, brown sugar, oil, pineapple, walnuts, carrot, buttermilk and vanilla. In a small bowl, whisk together the flour, baking powder, salt and cinnamon. Gently stir the dry ingredients into the liquid ingredients just until combined.

4. Spray the waffle iron with cooking spray and add 2/3 cup of batter, or an appropriate amount for your waffle iron. Cook as directed for your waffle iron, or until golden brown. Keep warm on a baking sheet in the oven while you cook the remaining waffles. Serve with butter, if desired, and the warm syrup. THE ASSOCIATED PRESS

Ingredients

For the ginger-raisin syrup
- 1 cup packed brown sugar
- 1/2 cup water
- 1/3 cup golden raisins
- 2 tbsp grated fresh ginger
- 1 tsp dry ground ginger

For the waffles
- 2 eggs
- 2 tbsp packed brown sugar
- 1/4 cup vegetable oil
- 8-oz can crushed pineapple (not drained)
- 1/2 cup toasted, chopped walnuts
- 1/2 cup packed grated carrot
- 1 cup buttermilk
- 1 tsp vanilla extract
- 2 cups all-purpose flour
- 4 tsp baking powder
- 1/4 tsp table salt
- 1 tsp cinnamon
- Butter, optional

Spices add extra zip to soup

Dinner. This carrot and bean combination features a dash of curry and other flavours for added taste

DINNER EXPRESS
Emily Richards
food@metronews.ca

Getting vegetables into your diet can be tricky if you're on the go all day. But if you take a few simple ingredients that you may have in your pantry and put them together, you will be on your way to creating healthy and tasty dinners.

Try to keep veggie staples like onions, carrots, celery and potatoes on hand for more than side dishes or salads. Create meals with them as the flavour starters and stars of the recipes.

Ingredients

- 2 tsp (10 ml) canola oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 1 tbsp (15 ml) minced fresh ginger
- 5 large carrots, peeled and chopped (about 1 1/4 lb/575 g)
- 2 stalks celery, chopped
- 1 potato, peeled and chopped
- 2 tbsp (30 ml) tomato paste
- 2 tsp (10 ml) curry powder or paste
- 3 cups (750 ml) sodium-reduced vegetable broth
- 2 cups (500 ml) water
- 1 can (14 oz/398 ml) navy beans, drained and rinsed
- 3 tbsp (45 ml) chopped fresh cilantro
- Hot pepper sauce (optional)

This Curry Carrot and Bean Soup recipe makes 7 1/2 cups (1.875 L) of soup. EMILY RICHARDS

Simple savoury spices that pack a punch, like curry or dried herb mixes, will work to give your dinners big hits of flavour.

Lastly, stock up on canned beans when they're on sale because they are perfect in salads or soups.

This zippy carrot-bean soup is perfect to make ahead and freeze for lunches or enjoy for dinner with your favourite whole grain crackers.

Directions

1. In a soup pot, heat oil over medium heat and cook onion, garlic and ginger for 3 minutes or until softened. Stir in carrots, celery, potato, tomato paste and curry powder.

2. Pour in broth and water; bring to a boil. Reduce heat; cover and simmer for about 45 minutes or until carrots are very tender.

3. Using an immersion blender or ladle into blender, purée soup in batches until smooth. Stir in beans and cilantro and heat through. Serve in deep bowls and drizzle with hot sauce, if desired.

With olive oil, you get what you pay for

With a poor harvest of olives in traditional high-producing countries like Spain and Italy pushing global production to a 15-year low and driving up the price of olive oil, it's more important than ever for consumers to be wary of what they buy.

While Greece, the third-largest producer in the world, had a superb harvest last year, Spain and Italy were hit by frost. Then moisture and humidity in the summer, when the trees prefer arid conditions, gave rise to the olive oil fly, a pest that burrows into the fruit.

"A lot of Italian producers didn't even press," says chef Christine Cushing, who has been producing olive oil from trees grown in a remote area of Greece for a decade. "They left olives to rot. It was that bad."

And civil war in Syria, another large producer, has affected that country's output.

Although the industry is regulated, the rules are often broken and it's becoming more challenging to catch offenders. People have to learn for themselves what a great olive oil tastes like, as well as the characteristics of a bad olive oil, Cushing says. Here are some tips:

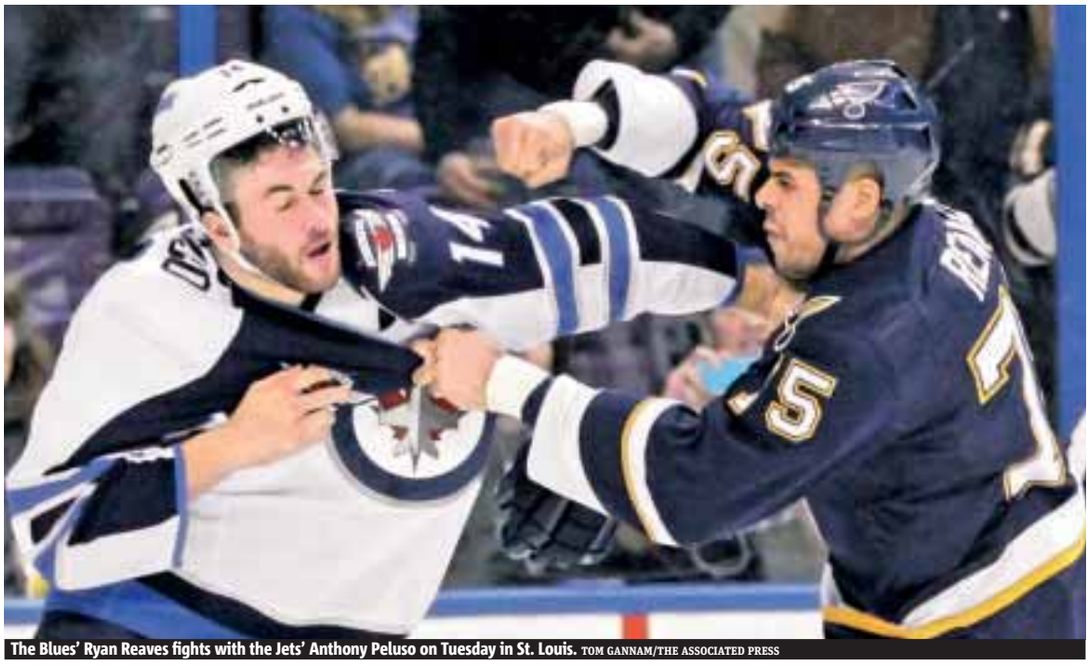
- In scanning store shelves, if you see a litre of olive oil labelled extra virgin for $3.99, pass it by.

"I don't care if it says 'the holy father's extra-virgin olive oil,' it's a lie. It cannot be," says Cushing. "Good olive oil has never been cheap, just because of the way it's produced."

- The worst enemies of olive oil are heat, light and air, so look for oil in a dark bottle with a best-before and/or harvest date. A good-quality olive oil will be sealed.
- You could also check for a sticker indicating PDO, or Protective Designation of Origin, a European Union assurance of quality.
- As with wine, olive oils have different characteristics and aromas — fruit, pepper, tomatoes, almonds — depending on the cultivars and terroir. Some stores have tasting bars where you can sample the oil.
- Buy what you think you're going to use. Use it up and buy it again so you can have it at its best, says Cushing,

"Don't save it for good. Everybody's worth a great olive oil." THE CANADIAN PRESS

The average Canadian consumes 1.5 litres of olive oil a year. ISTOCK



The Blues' Ryan Reaves fights with the Jets' Anthony Peluso on Tuesday in St. Louis. TOM GANNAM/THE ASSOCIATED PRESS

Blues' Jackman scores winner from downtown

NHL. Jets erase 3-goal, 3rd-period deficit but give up goal with a minute left on clock

Barret Jackman scored his first goal in 36 games with 1:03 left, launching a shot from centre ice to give the Blues a 5-4 win over the Winnipeg Jets on Tuesday night.

After his team squandered a three-goal, third-period lead, Jackman bailed the Blues out when he got control of the puck along the left boards in the neutral zone off a faceoff.

On Tuesday

Blues	Jets
5	4

He appeared to be just dumping the puck into the Jets' end, but his shot was on net and it handcuffed goalie Ondrej Pavelec.

That was the only goal that Pavelec allowed in 20 shots faced. He came on in relief in the second period when the Blues scored four goals on four straight shots against Jets rookie goalie Michael Hutchinson.

Linemates Jaden Schwartz, Vladimir Tarasenko and Jori Lehtera all had a goal and an assist for the Blues.

Steve Ott also scored and Brian Elliott made 12 saves for St. Louis, which has beaten Winnipeg eight straight times. The Blues (42-19-5, 89 points) moved to within two points of first-place Nashville in the Central Division.

Andrew Ladd had a goal and an assist for Winnipeg. Lee Stempniak, Blake Wheeler and Michael Frolik also scored for the Jets. The goal extended Frolik's scoring streak to seven games.

Winnipeg played without leading scorer Bryan Little, who sat out his second consecutive game with an undisclosed injury.

St. Louis had what appeared to be a comfortable 4-1 lead going into the third period, but Ladd scored a power-play goal at 1:34 and Stempniak beat Elliott with a high wrist shot from the right circle 11 seconds later.

Wheeler then tied it at 14:32 at 4-4 with a shorthanded goal.

THE ASSOCIATED PRESS

Curling

Gushue defends critical comments made at Brier

Newfoundland and Labrador skip Brad Gushue said he doesn't regret his recent criticism of the bronze-medal game format used at the Tim Hortons Brier, although he admits the timing of his comments could've been better.

Gushue settled for an appearance in the third-place game at the Canadian men's curling championship after losing the semi-final to Team Canada on Saturday in Calgary. After the defeat, Gushue said his team would play hard for the bronze medal but added, "I don't know how hung over we'll be."

Gushue, who placed fourth, went on to describe the bronze-medal match as "the dumbest game in curling." THE CANADIAN PRESS

NHL

Rangers victorious in battle of N.Y.

Rick Nash scored a deflected goal to break a tie 2:50 into the third period, and the New York Rangers beat the New York Islanders in their last regular-season visit to Nassau Coliseum 2-1 on Tuesday night.

Kevin Hayes scored the tying goal for the Rangers in the second period and Cam Talbot made 29 saves to improve to 11-2-3 since No. 1 goalie Henrik Lundqvist went out with a neck injury.

Nash's team-leading 39th goal was a shot from the right point that caromed in off Islanders forward Ryan Strome.

THE ASSOCIATED PRESS

Stroman likely out for season with torn ACL

In his rookie season last year, Blue Jays pitcher Marcus Stroman went 11-6 with a 3.65 earned-run average. NATHAN DENETTE/THE CANADIAN PRESS

The Toronto Blue Jays suffered a body blow Tuesday with the news that young starter Marcus Stroman is expected to miss the entire season after tearing the anterior cruciate ligament in his left knee during a fielding drill.

General manager Alex Anthopoulos said the 23-year-old right-hander will seek a second opinion from Dr. James Andrews, and surgery is likely.

Anthopoulos said Stroman was participating in bunting practice when he was called off by third baseman Josh Donaldson. Stroman planted his feet to stop, then felt a pop in his knee.

An MRI confirmed the tear.

"Beyond devastated," Stroman tweeted. "Not being able to compete with my brothers each and every day is extremely disappointing. Still can't believe it."

It was the second significant training camp injury for the Jays. Canadian outfielder Michael Saunders tore the meniscus in his knee in a freak accident when he stepped into a sprinkler head indentation while shagging fly balls. Saunders could be ready for Opening Day, however, after having 60 per cent of his meniscus removed. THE CANADIAN PRESS

Rounding out the rotation

With R.A. Dickey, Mark Buehrle and Drew Hutchison relative locks for the starting rotation, candidates to fill spots No. 4 and 5 include Aaron Sanchez, Daniel Norris and Marco Estrada.

Humphries' golden selfie

Canadian gold medal-winning bobsledder Kaillie Humphries takes a selfie with the Lou Marsh Award trophy after it was presented to her by Toronto Star publisher John Cruickshank on Tuesday in Toronto. The Calgarian was named Canada's top athlete for 2014 in December after successfully defending her two-woman bobsled gold at last year's Sochi Olympics. TARA WALTON/TORSTAR NEWS SERVICE

NFC groans as Seattle deals for TE Graham

NFL. Saints send top pass catcher to Super Bowl-familiar Seahawks

Perennial Pro Bowl tight end Jimmy Graham is heading to the Seahawks after a blockbuster trade on Tuesday. CHRIS GRAYTHEN/GETTY IMAGES

The Seattle Seahawks' search for a tight end has landed the two-time NFC champions Jimmy Graham.

The Seahawks and New Orleans Saints agreed to a trade Tuesday sending Graham to Seattle in exchange for veteran centre Max Unger, pending a physical. The trade is also expected to include Seattle sending its first-round pick this year to the Saints and the Seahawks receiving New Orleans' fourth-round selection.

Adding pass-catching options for Seattle quarterback Russell Wilson was an off-season priority. But rather than going into free agency, the Seahawks went after one of the top pass catchers in the league regardless of position, and a perennial Pro Bowl tight end.

Graham is a former college basketball player who played one year of college football at Miami before the Saints drafted him in the third round in 2010. He became the favourite target of Drew Brees in only his second season. Graham had 99 catches for 1,310 yards and 11 touchdowns, which led the Saints in all three categories.

He has yet to match his 2011 numbers since, but still led New Orleans last season with 85 receptions and 10 touchdown catches despite playing through an injured shoulder. His 889 yards receiving were third on the club last season.

Since the start of the 2011 season, Graham leads all tight ends in receptions, yards receiving and TDs. Graham held out before the start of last season before signing a $40 million, four-year extension rather than playing under the franchise tag. Seattle will inherit the remaining three years on that contract.

But there may be some bridges to mend in the Seattle locker room when Graham arrives. The Seahawks' defence was not very complimentary of Graham prior to their meeting in the 2013 playoffs, including a pregame altercation with linebacker Bruce Irvin, and defensive end Michael Bennett calling Graham after the game overrated. THE ASSOCIATED PRESS

More NFL player movement

- The Philadelphia Eagles agreed to send Nick Foles to the St. Louis Rams for Sam Bradford in a stunning QB swap. The Eagles will also get a fifth-round pick this season while sending the Rams a fourth rounder this year and a second rounder pick in 2016.
- The Buffalo Bills confirmed acquiring LeSean McCoy from the Eagles for linebacker Kiko Alonso; McCoy signed a five-year, $40 million extension.
- After agreeing to terms with wide receiver Jeremy Maclin, the Kansas City Chiefs opened free agency by signing veteran safety Tyvon Branch to a one-year contract.
- Baltimore dealt nose tackle Haloti Ngata to Detroit, which is about to lose All-Pro defensive tackle Ndamukong Suh in free agency.

Court. Valet saw likely gun in Hernandez's waistband

A valet manager at a Boston hotel testified Tuesday at Aaron Hernandez's murder trial that the then-New England Patriots star tight end had what he believed to be a gun stuffed in his waistband two nights before the killing of Odin Lloyd.

Samson Michael testified that he was an account manager for the valet service at the W Hotel in Boston in June 2013.

He said he saw Hernandez outside the hotel at 1:30 am. on June 15, two days before Lloyd was shot dead at an industrial park near Hernandez's home. Lloyd had been dating the sister of Hernandez's fiancée. Lloyd was with Hernandez and another man that night, according to testimony Monday by a woman who babysat for Hernandez's daughter and ran into him at the W Hotel.

Quoted

"I noticed a gentleman with his shirt up to his chest and what looks to be a gun in his waistband."
Witness Samson Michael

"I just noticed a gentleman with his shirt up to his chest and what looks to be a gun inside his waistband," Michael told jurors.

Asked to describe it by prosecutor William McCauley, Michael said it was a "black object, what looks like a gun. I could see about half of it. Mostly the handle." THE ASSOCIATED PRESS

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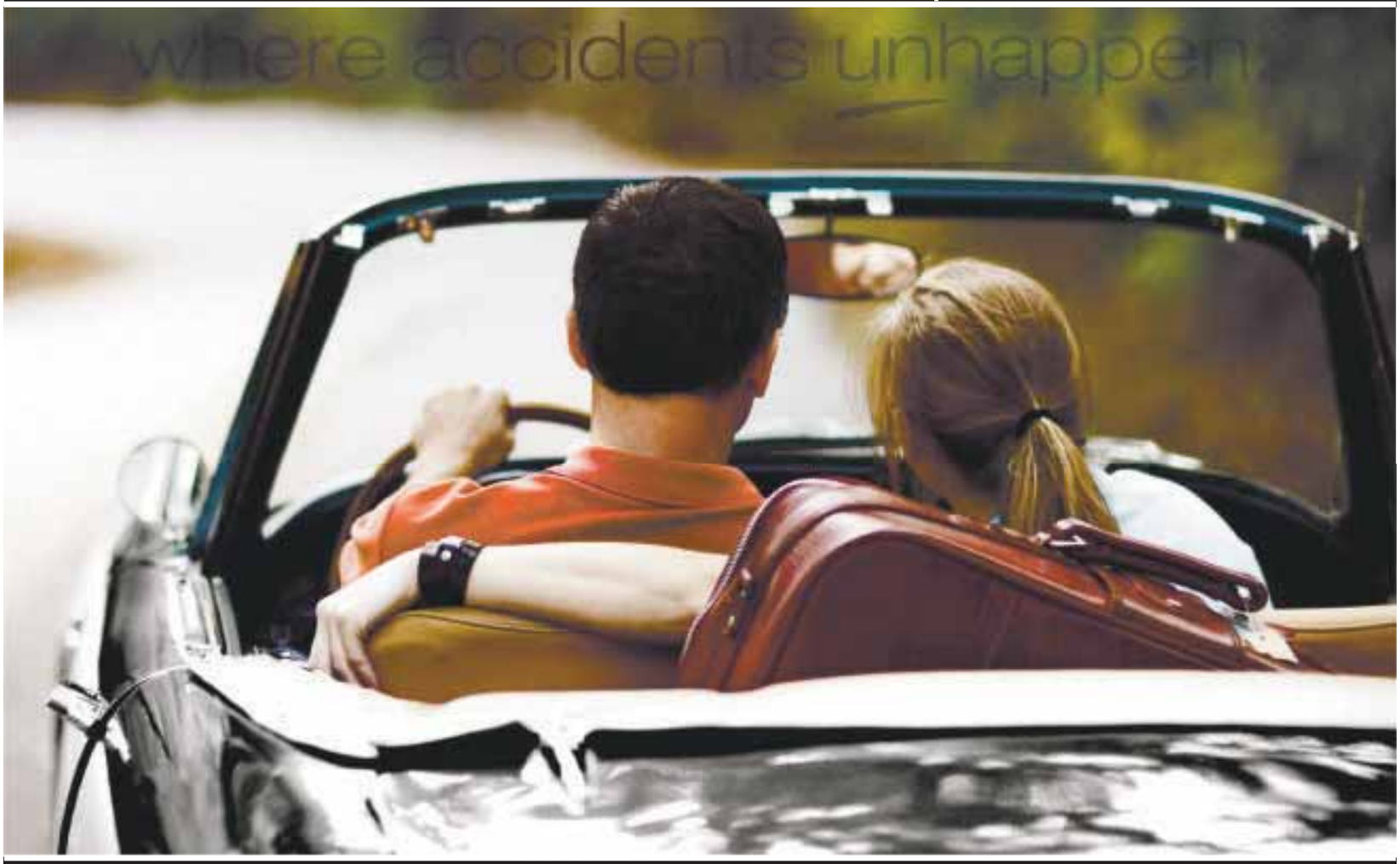

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2015 Jeep Grand Cherokee

- **Type.** Four-door, five-passenger midsize SUV
- **Engines (hp).** 3.6-litre V6 (290), 5.7-litre V8 (360) 3.0-L V6 Diesel (240), 6.4-litre V8 (475)
- **Transmissions.** Eight-speed automatic
- **Price.** Base $40,495, as-tested $68,580 (excluding destination)

Market position

By putting the diesel into just the high-end trims, Jeep hopes to take on German brands such as Mercedes-Benz and BMW. This SUV does everything the competitors' vehicles do, but may face an uphill battle with buyers who prefer those traditional top-shelf nameplates.

Points

- The Grand Cherokee comes in five trim lines and choice of four engines, including a 475-hp V8 in the performance SRT model.
- The Overland name comes from Willys-Overland, one of the Jeep manufacturers during the Second World War.
- The diesel version can tow up to 3,265 kg (7,200 lbs.) and go up to 1,100 km on a tank of fuel.

Everything from a heated steering wheel to rear seat entertainment is available for the Jeep Grand Cherokee.

Interesting features

Standard 4x4, capless fuel fill, trailer sway control, and dual-zone climate control; available heated steering wheel, air suspension, dual sunroof, adaptive cruise control, rear-seat entertainment system.

Jeep's take on the premium SUV

PHOTOS: JIL MCINTOSH

Review. The 2015 Jeep Grand Cherokee EcoDiesel holds up with top of the line features

JIL MCINTOSH
drive@metronews.ca

Diesel has long been popular in Europe for luxury vehicles, but while it's still relatively rare in cars here, it's showing up more and more on premium SUVs, including the Jeep Grand Cherokee EcoDiesel.

These engines are all about torque (in the Grand Cherokee's case, 420 lb.-ft.) delivered almost right at the start for strong acceleration and solid mid-range power. They also offer relatively good fuel economy and long range with fewer fill-ups, although most are pricier than their gasoline siblings, as is their fuel these days as well.

The Grand Cherokee starts at $40,495 for a V6 gas engine, for example, and you can also get a gas V8. But in an effort to compete with the premium diesel-powered brands, Jeep is only offering the diesel in the top-line Overland and Summit models, where the engine option adds as much as $7,145 to the price. And while my Overland tester was already luxuriously equipped with such standard features as heated and ventilated leather seats, suede-style headliner, navigation system, and heated power-adjustable steering wheel, it also had add-on options including a rear-seat Blu-Ray entertainment system and such electronic safety features as adaptive cruise control and collision warning, which brought it to $68,580.

Diesel engines can offer decent fuel economy and a whole lot of torque.

That's a lot of cash, but the company has learned a lot about interiors over the last few years, and I'd put this up against any of its premium-brand competitors. The materials are top-notch, it's all extremely comfortable, and almost everything's easy to use. The one misstep is an electronic shifter for the eight-speed automatic that's far too fiddly. This would be a great place for Chrysler's dial-style shifter unit.

An air suspension lowers for easy access or rises for off-road, and you can select optimal settings to handle snow, sand, or rock, along with four-wheel low gearing. The ultimate irony is that few will actually take such a pricey truck into the tough stuff, but especially with this engine and its low-end power, owners will at least know they can.

Compare

1 Volkswagen Touareg Diesel
Base price: $53,975
VW remains among the diesel leaders, and the Touareg's version is smooth and great to drive.

2 BMW X5 xDrive35d
Base price: $67,000
Available three-row seating makes this diesel a premium alternative for larger families.

3 Porsche Cayenne Diesel
Base price: $71,300
Porsche's largest SUV remains its best-selling model among all the company's vehicles.

DRIVE

World Car of the Year finalists announced

New York. Mustang, C Class and Passat all in the running for automotive honour

The Ford Mustang, the Mercedes-Benz C Class and the Volkswagen Passat will compete in April for one of the automotive world's most prestigious awards, World Car of the Year. The ultimate winner, scheduled to be revealed at a special gala ceremony on the eve of the New York International Auto Show on April 2, will be decided by a panel of 75 of the world's leading automotive journalists, via a secret ballot.

Of the three finalists, the new Volkswagen Passat has made the list due to winning the European Car of the Year Award, which itself was announced on the eve of the Geneva Motor Show, on Monday.

As well as the overall winner, the World Car of the Year ceremony also recognizes excellence in other classes and awards will also be given for the Luxury Car of the Year, Performance Car of the Year and Green Car of the Year.

In 2014, the Audi A3 scooped the ultimate prize while the Porsche 911 GT3 and Mercedes Benz S Class grabbed the awards for performance car and luxury car respectively.

This year the BMW M4/M3, Jaguar F-Type R Coupe and the Mercedes-Benz AMG GT will be competing on performance while the BMW i8, Mercedes Benz S Class Coupe and Range Rover Autobiography Black LWB will be competing in the luxury car category. AFP

The Volkswagen Passat has already won the European Car of the Year. VOLKSWAGEN

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Geneva Motor Show. Ford delivers the cutting edge

One of the busiest stands at this year's Geneva Motor Show is Ford's, the centerpiece of which is the new Ford GT supercar. But the company has something to offer to meet every driver's needs.

Like the original 1960s GT40, the new GT — making its European debut — was built to beat Ferrari, and as a showcase for the company's capabilities. It uses an environmentally responsible 3.5-liter v6 engine yet, thanks to turbocharging, produces over 600bhp. Built almost entirely from carbon fiber and aluminum, when it goes on sale for €340,000 (roughly $548,742) in 2016, production will be limited to 250 examples a year globally.

"The GT is the ultimate execution of an enthusiast super car," said Raj Nair, Ford group vice president. But while the GT is out of reach for most enthusiasts, the new Focus RS, which made its global debut this week, at roughly one tenth of the price, isn't. Potentially the hottest hatch in the company's history, it comes with over 300bhp and four-wheel drive and even has a special drift button for cornering like a rally star. And yet, the car is practical enough for the school run. It's the shape of things to come for the company.

Quoted

"It's our mission to make performance accessible to as many people as possible."

Jim Farley, Ford Motor Company executive vice president

"It's our mission to make performance accessible to as many people as possible," said Jim Farley, Ford Motor Company executive vice president and president Europe, Middle East and Africa.

By 2020, Ford plans to have revealed 12 new performance cars for all budgets. "This promises to be a vintage era for driving enthusiast," he said.

This year's Geneva show is awash with supercars and hot hatchbacks but there is also a strong focus on luxury and SUV and crossover models, making Ford's stand a microcosm of current global car trends.

The company unveiled a new flagship SUV, the Edge, based on the Mondeo platform and offering what Ford claims is class-leading amounts of interior space. The model brings Ford's European crossover range up to three, the smallest of which, the EcoSport has also been given a facelift for 2015. AFP

The Ford GT was built to beat Ferrari. THE FORD MOTOR COMPANY

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
No matter how busy you are, find an outlet for your physical desires. Mars, your ruler, is so strong today that mental challenges won't be enough.

♉ Taurus
April 21 - May 21
There is someone you want to know better but can't think of an approach. What happens today will throw you together and before you know it you will be more than just friends.

♊ Gemini
May 22 - June 21
Make sure your ambitions are not too outrageous because if they are you may fall short of what you expect of yourself and your confidence will suffer.

♋ Cancer
June 22 - July 23
Your mind is a powerful tool and if you think positive thoughts today and for the rest of the week there is no doubt that positive things will occur.

♌ Leo
July 24 - Aug. 23
Someone who is as different to you as chalk is to cheese will make a big impression on you today, big enough perhaps to change your assumptions about certain kinds of people.

♍ Virgo
Aug. 24 - Sept. 23
Others will respond to you extremely well today — it's as if they are making a special effort to be nice to you. Take advantage of the situation by telling them what it is you need.

♎ Libra
Sept. 24 - Oct. 23
A relationship that has been going through a rocky phase needs to be dealt with once and for all. Cosmic activity in your opposite sign of Aries suggests it may be better to call it a day.

♏ Scorpio
Oct. 24 - Nov. 22
Don't let people's criticisms make you feel guilty because the planets indicate you've done nothing wrong. The reason they are having a go at you is because they envy your abilities.

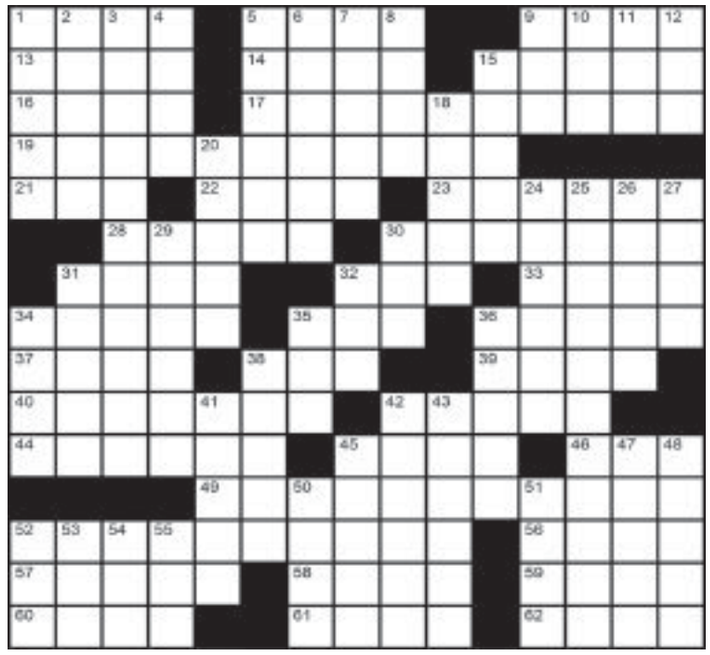
♐ Sagittarius
Nov. 23 - Dec. 21
There is good in everybody and if you find that hard to believe what happens by the end of the day will convince you.

♑ Capricorn
Dec. 22 - Jan. 20
There's no point getting involved in something you won't enjoy, so let those trying to persuade you to get involved know you're having none of it.

♒ Aquarius
Jan. 21 - Feb. 19
You can get almost anything you desire now. Your charm levels are such that few people will be able to deny you, no matter how outrageous some of your demands might be.

♓ Pisces
Feb. 20 - March 20
You don't lack for courage but the planets warn you could cross the line into recklessness. They also warn friends and finances won't go together over the next 24 hours.

Crossword: Canada Across and Down by Kelly Ann Buchanan



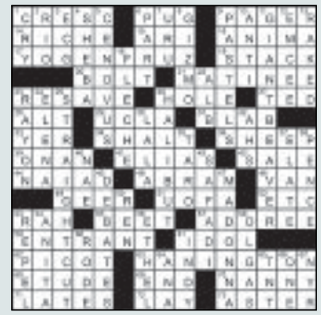
Across

1. Music Keys: F and A, e.g.
5. Robbie Robertson's "Hell's Half __"
9. Put cargo on board
13. Flu symptom
14. Tallow source
15. Ecum __, Nova Scotia
16. Zippo
17. Those who explore caves
19. Canada's largest national park, it's on the Alberta/NWT border: 2 wds.
21. Queen E.'s youngest
22. Ostrich-like birds
23. Tiredly walk
28. Gordon Lightfoot's "The Way _ __"
30. Adrian of "Entourage"
31. 'Seniors', shortened
32. "Oh, give __ _ home..."
33. Li'l legislators
34. Bakery item
35. Gamble
36. "__ __ out!" (Behave!)
37. Play _ __ (Participate in some tennis)
38. Useful souvenir
39. 'Import' suffix
40. Earth invader
42. Billy Bob Thornton series on FX Canada
44. Allocate
45. Art Deco designer
46. Canadian hwy. miles
49. Canada's Bread Basket... The Prairies sight: 2 wds.
52. "Waiting So Long" Vancouver band: 2 wds.
56. Almond hue
57. Victor Garber show
58. Artist sampled on Eminem's "Stan"
59. Air assault
60. Sci-Fi classic, "The __" (1958)
61. Actor Mr. Bean
62. Years: Spanish

Down

1. Paul McCartney's "__ __ Was Lonely"
2. Put in _ __ word (Recommend)
3. Those taking home trophies at this weekend's on-CTV-music-honouring show in Hamilton: 2 wds.
4. "The Bad __" (1956)
5. Acquire, as duties
6. Needing-sugar neighbour's request
7. Coral formations
8. "...__ __ tete, Alouette..."
9. Albanian currency
10. Deck symbol
11. Hard: French
12. British writer Mr. Forster, et al.
15. Bedroom buzzzzz...
18. 'U' of UHF
20. 'Wilde' tail (Gnu)
24. Hardly heralded like many a hero
25. Particular soda pop container: 3 wds.
26. Wishes granter
27. Formerly
29. Little Richard's "Tutti __"
30. Capture
31. Slugger Sammy's
32. "Family Guy" sister
34. Lady: Spanish
35. Veggie burger need
36. Baseball great Rod
38. Lord's house
41. "Fancy" rapper Ms. Azalea's
42. Actress Ms. Pinto
43. "News __ __" (Global News program in Toronto)
45. Oscar-winner Mr. Redmayne
47. "Extra" host Mr. Lopez
48. Earring choices
50. Chaps
51. Olympian queen
52. Concealer-applying amount
53. "__ get it!" (Telephone-ringing exclamation)
54. Macaw-starring 2011 animation
55. Bar bill

Yesterday's Crossword

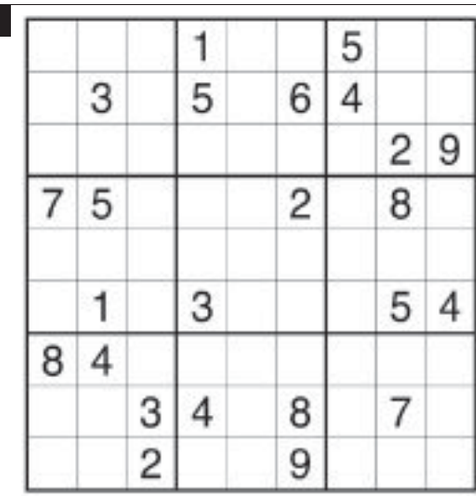


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

4	6	9	8	7	3	2	5	1
5	8	7	2	1	9	3	6	4
2	3	1	6	4	5	7	9	8
8	4	2	1	9	6	5	7	3
3	1	5	7	2	8	9	4	6
9	7	6	5	3	4	8	1	2
7	9	4	3	8	1	6	2	5
6	2	8	4	5	7	1	3	9
1	5	3	9	6	2	4	8	7

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HWY: 6.3L/100 KM
CITY: 8.9L/100 KM▼

GLS model shown♦

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Limited model shown♦

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HWY: 6.7L/100 KM
CITY: 9.8L/100 KM▼

Sport 2.0T model shown♦

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HWY: 9.3L/100 KM
CITY: 11.6L/100 KM▼

Limited model shown♦

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HWY: 9.8L/100 KM
CITY: 12.9L/100 KM▼

Limited model shown♦

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®/™The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. ‡Dealer Invoice Price of $14,591/$16,308/$24,575/$23,419/$27,514 available on all new 2015 Accent 5-Door L Manual/Elantra Sedan L Manual/Sonata GL Auto/Tucson GL FWD Manual/Santa Fe Sport 2.4L FWD models and includes price adjustments of $636/$719/$1,252/$473/$1,313. Prices include Delivery and Destination charges of $1,595/$1,595/$1,695/$1,760/$1,795, fees, levies and all applicable charges (excluding GST/PST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. Delivery and Destination charge includes freight, P.D.E. and a full tank of gas. *The customer prices are those reflected on the dealer invoice from Hyundai Auto Canada Corp. The dealer invoice price includes a holdback amount for which the dealer is subsequently reimbursed by Hyundai Auto Canada Corp. ΩPrice adjustments of up to $636/$719/$1,252/$473/$1,313 available on all new 2015 Accent 5-Door L Manual/Elantra Sedan L Manual/Sonata GL Auto/Tucson GL FWD Manual/Santa Fe Sport 2.4L FWD models. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. ◊Leasing offer available O.A.C. from Hyundai Financial Services based on a new 2015 Accent 5-Door L 6-speed Manual/Elantra L 6-speed Manual/Santa Fe Sport 2.4L FWD with an annual lease rate of 0%/0%/1.9%. Bi-weekly lease payment of $67/$76/$150 for a 60-month walk-away lease. Total lease obligation is $8,783/$9,840/$19,533.80. Lease offer includes Delivery and Destination of $1,595/$1,595/$1,795. Lease offer excludes registration, insurance, PPSA, fees, levies, license fees, applicable taxes. $0 security deposit on all models. 20,000 km allowance per year applies. Additional charge of $0.12/km. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2015 Sonata GL Auto/Tucson GL FWD Manual with an annual finance rate of 0.9/1.9%. Weekly payments are $70/$61 for 84/96 months. $0 down payment required. Cost of Borrowing is $905/$1,957. Finance offers include Delivery and Destination of $1,695/$1,760, levies and all applicable charges (excluding GST/PST). Finance offers exclude registration, insurance, PPSA, and license fees. Financing example: 2015 Sonata GL Auto for $24,575 at 0.9% per annum equals $70 weekly for 84 months for a total obligation of $25,446.12. $0 down payment required. Cash price is $24,575. Cost of Borrowing is $905. Example price includes Delivery and Destination of $1,795, levies and all applicable charges (excluding GST/PST). Finance example excludes registration, insurance, PPSA, license. Fees may vary by dealer. ♦Price of models shown: 2015 Accent GLS Auto/Elantra Limited/Sonata Sport 2.0T/Tucson Limited AWD/Santa Fe Sport Limited AWD are $21,277/$26,927/$32,943/$35,892/$41,577. Prices include Delivery and Destination charges of $1,595/$1,595/$1,695/$1,760/$1,795, levies and all applicable charges (excluding GST/PST). Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to $499. Fees may vary by dealer. ▼Fuel consumption for new 2015 Accent GLS (HWY 6.3L/100KM; City 8.9L/100KM); 2015 Elantra Limited(HWY 6.7L/100KM; City 9.7L/100KM); 2015 Sonata GL Auto (HWY 6.7L/100KM; City 9.8L/100KM); 2015 Tucson Limited AWD (HWY 9.3L/100KM; City 11.6L/100KM);2015 Santa Fe Sport Limited AWD (HWY 9.8L/100KM; City 12.9L/100KM); are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ΔThe Hyundai Accent/Elantra received the lowest number of problems per 100 vehicles among small/compact cars in the proprietary J.D. Power 2014 Initial Quality Study℠ (IQS). Study based on responses from 86,118 new-vehicle owners, measuring 239 models and measures opinions after 90 days of ownership. Propriety study results are based on experiences and perceptions of owners surveyed in February-May 2014. Your experiences may vary. Visit jdpower.com. ▲Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). ‡†♦◊Ω*Offers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited, dealer order may be required. Visit www.hyundaicanada.com or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.